

FACIAL STEAM

The use of facial steams as a form of relaxing and cleansing has been around forever. Facial steams are a great way to relax and deeply cleanse the face, open the pores, and increase circulation to the skin.

Steam is an excellent cleansing technique for all skin types and can be used with just water. However, an additional bonus is adding aromatherapy, dried herbs and flowers for certain effects such as relaxation, invigoration, decongestant, cleansing and rehydration.



Basic Rules:

1. It helps to remove makeup and surface dirt from your face.
2. Bring water to a boil in a large pot, approximately 2-3 cups.
3. Add the desired ingredients into a heat-proof bowl and pour the heated water into your bowl.
4. Slowly lower your face over the bowl and place a bath towel over both your head and the towel.
5. Don't get too close! Keep your face 5 – 10 inches above the bowl. If it gets too hot, create a space for steam to escape.
6. You can remain in the steam for 5 - 20 minutes.
7. Ideally, air-dry your skin before the next step in your skin care routine.
 - * Use your mushroom gua sha tool to drain your lymphatic and sinus fluid.
 - * if you wish to use a scrub, toner or moisturizer, it is ideal to begin this while the skin is still moist.